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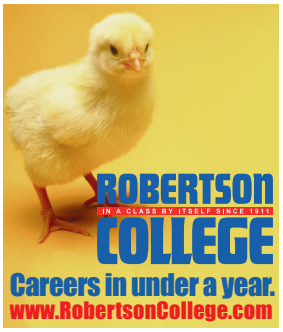


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## Boys' deaths confirmed as homicides

**MILLET** The medical examiner has deemed the deaths of two young boys found dead in their Millet, Alta., home as homicides, RCMP say.

Connor, 3, and Jayden, 10 months, were discovered by their father Curtis McConnell on Monday, apparently drowned in a bathtub.

McConnell rushed home to check on his sons after Edmonton police called him to say his wife, Allyson, had been taken to hospital.

"The police didn't know there were kids involved," said Cara Rotenburger, a friend of the McConnells.

Police have said a woman was involved in a failed suicide attempt when she jumped off an Edmonton bridge, but wouldn't confirm she was Allyson. **THE CANADIAN PRESS**

Flames **Three's the charm**

JEFF MCINTOSH/THE CANADIAN PRESS

Carolina Hurricanes goalie Cam Ward looks away as the Calgary Flames' Curtis Glencross celebrates one of his three goals during first-period NHL hockey action in Calgary yesterday. The Flames beat the Hurricanes 4-1. Story, page 12

# Opiate bust at grocery

## Man, woman face charges after police seize doda in northeast

KRISTA SYLVESTER
krista.sylvester@metronews.ca

**Allegedly selling a relatively unknown form of opiate from a northeast grocery store has left a Calgary man and woman facing narcotics charges.**

Based on community information, officials seized a "significant" amount of doda — made from poppy seeds, which also produce opium and heroin — from Desi Bazaar, a grocery store in the 5,100 block of 47th Street NE yesterday afternoon.

**Seized**

- 60 kilos of opium poppies
- 13 kilos of doda, right
- $10,000 in cash

PHOTO COURTESY CALGARY POLICE

"It is highly addictive and illegal. Doda is (on the bottom end of the opiate scale), but that isn't to lessen the impact. It's as dangerous as any of the others," drug unit Staff Sgt. Darren Cave said.

He alleged the drug "was being sold illegally. It was fairly in the open, behind the counter at the front of the store."

Cave said police haven't seen this type of drug in the city before, but are quickly learning what to look for. Doda is a dried, ground substance made from seeds taken from poppies and then made into tea.

Calgary police drug expert Det. Doug Hudacin said it's not likely the man and woman didn't know the drug was illegal.

"It's not different in my mind than ... cocaine ... It's illegal in other countries and has been illegal for a long time," Hudacin said.

A committee was formed, including the CPS, RCMP and the Canada Border Services Agency, to learn more about it.

"I think it's a wake-up call for everybody. It's here and it's an emerging trend," Hudacin said.

The man and woman will be facing trafficking charges in relation to the first doda seizure in Calgary. Their names have not yet been released.

## Battle for the right brews in legislature

**POLITICS** It has been four decades since two conservative political foes have faced off like this in the Alberta legislature.

It may still seem like a David-versus-Goliath scenario, since the Progressive Conservative government holds 68 of 83 seats and the newly minted Wildrose Alliance has just three.

But the new party had a 13-point lead in a poll taken just before Christmas and appears to have forced Premier Ed Stelmach into damage-control mode after two of his elected members crossed the floor earlier this year.

David Taras, a political analyst at the University of Calgary, said it's vital for Stelmach to make smart moves that improve his image in advance of the next election.

If not, he said Alberta's Tory party will "crash" and "Stelmach will take the whole party with him."

Smith said she expects the spring sitting that kicks off today to focus a lot on leadership — hers and the premier's.

Smith won't actually be in the assembly because she doesn't hold a seat. She'll quarterback from behind the scenes and talk to journalists in the hallways of the legislature.

"I think that our three MLAs are going to pack a big punch," she predicted. **THE CANADIAN PRESS**

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- Today — Hollingsworth looks to continue dominating season, page 13

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# Local

## They're alive!

**With 20 new life-sized animatronic prehistoric creatures, the Calgary Zoo is ready to flick the switch on the new Dinosaurs Alive exhibit. The exhibit, which features dinosaurs that look, sound and act real, opens to the public this Friday and will be in Calgary until October.** METRO CALGARY

## News in brief

**FESTIVALS** The city's arts community is beaming after the Community and Protective Services committee unanimously approved a new festival and event policy, streamlining the process and making it more affordable, according to Ald. Druh Farrell. Farrell said the policy eliminates the ad-hoc approach of the past: "What will happen immediately will be the relief of the pressure for the existing festival organizers," she said.

METRO CALGARY

Following news stories on Twitter...

## CalgaryTweets

**We asked: Aside from death and taxes, what are the unique 'certainties' of life in Calgary?**

**@grundil** a unique certainty in Calgary life, being stuck in a traffic jam on the deerfoot, at least once per week

**@junerose** that it will snow after Easter, on May long weekend, and before Halloween...

**@seismicdeath** Bad drivers.

**@calgarydaddy** Mine is that I always rely on the good old Chinooks to clear my driveway! Best Snow Removal service around. Not reliable tho!

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# 12 hours of squash for Haiti

KRISTA SYLVESTER
krista.sylvester@metronews.ca

**Playing squash for one hour is tiring enough if you ask most players, but playing in a 12-hour squash marathon is exhausting.**

Despite their tired legs and dehydration, the players in a University of Calgary 12-hour squash marathon said it was all for a good cause, according to co-organizer Laura King.

"I tried playing for a half hour and was tired, some of the others played for three hours on and off and they're bagged," King said.

King and fellow organizer Alex Paisley, a squash coach at the university, organized the event to support victims of Haiti.

Eight marathon squash players participated in a ladder-format tournament, and more than 50 participants played throughout the day.

Ranked third in Alberta for female squash players, Kelsey Souchereau dedicated three hours to the marathon rallying with her rival, the number 1 ranked Susie King, who is not related to Laura King.

"I think it's awesome that these guys did this and I think it's for a great cause. I'm very excited that they invited me out to play," Souchereau said.

Students raised over $600 by the marathon's halfway point, but Paisley said an anonymous donor pledged to match the amount raised up to $1,500.

KRISTA SYLVESTER/METRO CALGARY

Alberta pro squash player Kelsey Souchereau and University of Calgary squash coach Alex Paisley take a break from a 12-hour squash marathon held yesterday to raise money for Haiti.

# Aldermen reject law limiting protests outside city hall

**BYLAW** Strike two.

City administration was ordered back to the drawing board for the second time after city aldermen rejected a proposed bylaw yesterday that would limit protests on the plaza or city hall sidewalks.

Ward 12 Ald. Ric McIver said a proposed bylaw that would have created a "permit zone" if people applied five days in advance was still an infringement of Calgarians' rights.

"We need to make it so we are respecting the rights and freedom of speech of Calgarians," a frustrated McIver told Metro. "We're sending it back again with the same message; make it so we are not infringing on people's rights and freedom of speech isn't a right you need permission for."

While McIver is disappointed the third draft isn't expected back until December — he thinks it should be by June — he said the public has a message for administration; to "get it right."

Richard Mann said he follows the Street Church Ministry, the leader of which is Art Pawlowski, and hopes their freedom of speech is not taken from them. "I think it's a public street and we as taxpayers should have these basic rights afforded to us," he said.

KRISTA SYLVESTER/ METRO CALGARY

KRISTA SYLVESTER/METRO CALGARY

This spot in front of city hall is a common site for protests.

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## CALGARY OBITUARIES

CalgaryObits.com notes the following deaths in our community:

**ALGER**, Harry Elliott
**AUDETTE**, Betty May (nee Drew)
**BAHNUIK**, Walter (Marvin)
**BERTIE** , Mike
**BIRCH**, Grace Love (nee Wilson)
**ENJENESKI**, Stanley
**HINES**, John Franklyn
**JONES** , Jo-Anne Melanie (nee Boyd)
**KANNA**, Agnes Aki
**LALLY**, John Joseph
**LESOURD**, William (Bill) Fisher
**MACDONALD**, Alan Hugh
**MACDONALD**, D. Lorne
**MCKAY**, Elaine Kathleen (nee Moffitt)
**PERKINS**, Kathleen
**PREST** , Gordon Alexander
**REDWOOD** , A.J. Dakota (Big Bear)
**REINHOLDT**(Avery), Hudson Aksel John
**ROSS**, Grant Arnett, PhD, PEng
**SABA**, Hiam
**SACKVILLE**, Archibald (Archie) Gordon
**SAUNDERS**, Doris Edith (nee Marsden)
**SHOWMAN**, Robert Kennedy
**SLATER**, Marjorie Ellen (nee Bunyan)
**TURNER**, Robert (Bob)
**VACHON** , Joyce (nee Shuttleworth)
**VELDHOEN**, Murray
**WARRINER**, Gordon Edward (Ed)
**WILDMAN**, Neil Charles
**WILKS**, James (Jim) Harold
**CHOW**, Shuet Mui Alice
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**Public meetings scheduled over possible school program closures**

Public meetings regarding the possible closures of regular programs at the Eugene Coste School and the Chris Akkeman School for today and Monday, respectively, start at 7 p.m. The Chris Akkeman School meeting will take place at Dr. J.K. Mulloy School. The Eugene Coste meeting will be at that school. METRO CALGARY

## News in brief

**SPEAKER** The Students' Association of Mount Royal University (SAMRU) will present Dr. Gwynne Dyer, who will speak on the topic "Crawling through the Wreckage" — asking the question if a new American president is enough to reverse the dismal trends of the past decade. The presentation will take place in the Wyckham House Student Centre on the Mount Royal University Campus at noon Friday. Members of the public are invited to attend.

**FUGITIVE** Calgary police are looking for the public's help to find a city man sought on 22 Criminal Code warrants for violence, weapons and drug-related offences. Police are seeking Oscar Scott Mendoza, 26, who is believed to be in the Calgary area. Anyone with information is asked to call police at 403-266-1234.

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# Park opens exhibit

## Showroom added to Gasoline Alley Museum

**Heritage Park has officially turned an old park into a new one with the unveiling of a showroom as part of the Gasoline Alley Museum.**

The opening of the lower garage of the new Gasoline Alley Museum caps off the project by showcasing an additional 23 antique vehicles, 31 globes, 41 gas pumps and 100 signs, according to officials.

"This is the final piece of the museum and it's fantastic, especially with all the trucks in the collections because a lot of these are rare, one-of-a-kind antiques," Heritage Park CEO and president Alida Visbach said.

Most of the pieces were donated by prominent Calgarian Ron Carey, who specialized in the restoration of antique vehicles, according to his son, Shon Carey.

"We're proud to showcase these pieces here and I think it fits perfectly with how I would have liked to see it," Carey said, adding more than 90 per cent of the vehicles in the museum are from his father.

Beginning this weekend, the Gasoline Alley's lower garage will be open to the public on weekends and holidays.

For more information, visit heritagepark.ca.

KRISTA SYLVESTER/METRO CALGARY

KRISTA SYLVESTER/METRO CALGARY

Cole Cooper, Heritage Park interpreter, pumps some gas at the Gasoline Alley Museum yesterday as part of a showroom launch.

## Arbitrator awards teachers 6% raise

**LABOUR** Alberta teachers have won a major victory with an arbitrator's ruling that will add roughly $100 million to their salary increases over three years.

The Alberta Teachers' Association and the province struck a five-year deal in 2007 that guaranteed labour peace in exchange for a new formula to determine wage hikes.

The deal tied salary increases for five years to an average weekly earnings index compiled annually by Statistics Canada.

But things went off the rails last year when Statistics Canada changed its method for calculating this index.

Under the old formula, teachers would have received a 4.8 per cent raise, but under the new formula the wage hike worked out to six per cent.

The arbitrator ruled that teachers will get a six per cent raise.

THE CANADIAN PRESS

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**Tories aim to cancel Parliamentary breaks in March, April** 5
Faced with mounting criticism over its decision to prorogue Parliament, the Tory government is moving to cancel week-long breaks once MPs return to the Commons next month. THE CANADIAN PRESS

# Canada

# Opposition should censure feds: Scholar

## Rare tactic urged in Afghan document issue

**A top constitutional scholar is urging opposition MPs to use the drastic and rarely-invoked parliamentary power of censure to pry uncensored documents on Afghan prison abuse out of the Harper government's hands.**

Errol Mendes, a law professor at the University of Ottawa, told an ad-hoc committee of opposition MPs yesterday that the government's refusal to hand over the documents is unconstitutional and "makes a mockery of Parliament."

He said they have a duty to hold the Conservatives to account, especially on questions as serious as the country's conduct during the war.

The government has refused to turn over defence and foreign affairs records to the special House of Commons committee on Afghanistan, saying the documents contain sensitive and classified information that can't be shared with MPs without secret clearance.

**"For the first time I know in Canadian history, the executive is saying we are superior to Parliament."**
Errol Mendes, University of Ottawa

"The core complaint that I see that you have is that executive is really placing itself above Parliament, Mendes said. "For the first time I know in Canadian history, the executive is saying we are superior to Parliament."

Just before Parliament recessed for Christmas, the Liberals pushed through a motion that would have required the government to produce the records or face a motion of censure.

Louis Riel was the last MP to face parliamentary censure in Canada — well over a century ago.

Riel, the leader of the Red River Rebellion by the Metis, was called to the bar of the Commons for his role in the uprising. He was expelled from Parliament on April 16, 1874 and later hanged for leading the Northwest Rebellion in 1885.

THE CANADIAN PRESS

## N.S. premier admits to overspending

**FUNDS** Premier Darrell Dexter, who has forged a reputation as a prudent fiscal manager, was one of several Nova Scotia politicians who filed expense claims that were flagged as "excessive" by the provincial auditor general, his office said yesterday.

Auditor general Jacques Lapointe released a report that found some politicians used taxpayers' money to buy items including custom-made furniture, cameras and an espresso maker in a political scandal that bore some of the hallmarks of one that rocked Newfoundland and Labrador nearly four years ago.

Jacques Lapointe

The report left members of all three main political parties in full damage-control mode as they attempted to deflect uncomfortable questions about their spending habits.

THE CANADIAN PRESS

## Ontario **Fantino charge dropped**

CHRIS YOUNG/THE CANADIAN PRESS

Activist Gary McHale with his wife, Christine, at the courthouse in Cayuga, Ont., yesterday. McHale says the Crown did not have the right to yesterday withdraw a charge he brought against OPP Commissioner Julian Fantino who was charged with trying to influence municipal officials in connection with the occupation in Caledonia. McHale said he's seeking a review in Superior Court.

## News in brief

**RIGHTS** Amidst bitter internal turmoil, Foreign Affairs Minister Lawrence Cannon is conceding that a government-funded Rights and Democracy agency has a "governance problem." THE CANADIAN PRESS

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Comment

## We vs. I, me and you

Relating

Steve Collins

metronews.ca/collins

According to the latest cutting-edge relationship science from the University of California, Berkeley, the key to peace, love and happiness for couples is using the word "we," instead of divisive singular pronouns like "I," "me" and "you," which may ramp up conflict.

Psychologists observed 154 couples in conversations about relationship conflicts and found that couples who tended to use "we" more also tended to have fewer negative emotional and physiological reactions over the course of the conversation.

The word seemed to have a soothing effect on the partners and create a sense of togetherness, although I'm sure there are context-based exceptions (Classics like "We need to talk," or "We should see other people," come to mind).

Simple, right?

Maybe, but before you go "we, we, we" all the way home, let us try to square this insight with other research into pronoun choice at the University of Texas.

James Pennebaker, developer of language analysis software called Linguistic Inquiry and Word Count (LIWC), has found that when people lie, they tend to use fewer first-person pronouns in order to distance themselves from the bogus statements. By, um, replacing "I" with "we," for example.

So, do these studies, taken together, suggest deception is the secret to a happy relationship? Some of us would be more surprised than others to discover that was the case.

Pennebaker and colleagues have also noted that women tend to use "we" more than "I" in everyday speech. This does not make women more (or less) apt to be lying, of course. So, is the message to men either that they should prevaricate more or just be more like women? It seems less than helpful, either way.

In the Berkeley study, older couples tended to be bigger users of "we" than middle-aged couples. Younger people weren't even studied, and perhaps that's important. After a few decades together, a couple has more cause to see themselves as a "we." It doesn't necessarily follow, however, that simply using the word is the way to rack up those decades. I'm going to guess that there's a little more to it than inclusive pronoun use.

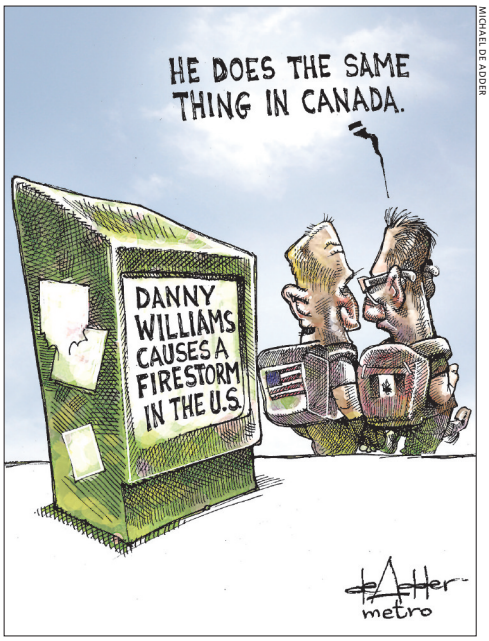
It's not hard to imagine circumstances in which all this "we" business could cause more trouble than it solves. It's probably a little much on the first date, for example.

Beware also the dreaded "royal we," with which a dominant partner increasingly presumes to speak for the couple.

And then there's the flipside of the royal — the patronizing "diminutive we." Sample usage: "Are we a little grumpy today?"

Don't do it. I implore you.

Steve Collins offers his best guesses on relationships for Metro every two weeks.




MICHAEL DE ADDER

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Sears

**Obama's aunt bids for asylum in U.S.**

U.S. President Barack Obama's aunt will make a second bid for political asylum as she goes before an immigration judge to argue that she should be allowed to stay in the U.S. Kenya native Zeituni Onyango moved to the U.S. in 2000. THE ASSOCIATED PRESS

# World

## Former dictator awarded millions

**In an embarrassment to Switzerland's government, the country's top court said yesterday that at least $4.6 million US in Swiss bank accounts previously awarded to Haitian charities must be returned to the family of Haiti's ex-dictator Jean-Claude (Baby Doc) Duvalier, left. The amount of money contested could feed more than a million Haitians for two weeks. Many Haitians accuse Duvalier and his entourage of robbing millions from public funds before he was ousted in 1986.** THE ASSOCIATED PRESS

# Haitian parents say they willingly gave up kids

**Haiti** Crisis

**Desperate parents in a struggling village perched above Haiti's earthquake-flattened capital said they gave their children away willingly, trusting the American missionaries who promised to take them to a better life.**

The stories the villagers told The Associated Press yesterday contradict claims by the Baptist group's leader that the children came from orphanages or were handed over by distant relatives. But they also attest to the misery of a nation that was the hemisphere's poorest even before the Jan. 12 earthquake struck.

The 10 Baptists, most from Idaho, were arrested last week trying to take 33 Haitian children across the border into the Dominican Republic without the required documents, according to Haitian authorities, who have accused them of child trafficking.

The Americans are to appear today before a prosecutor who will decide whether to file charges or release them, Communications Minister Marie-Laurence Jocelyn Lassegue said.

Standing amid piles of debris that used to be their homes and the makeshift shelters of tin and plastic sheeting that have replaced them, the people of Callebas told how they came to surrender their children.

It all began last week when a local orphanage worker, fluent in English and acting on behalf of the Baptists, convened nearly the entire village of 500 people on a dirt soccer field to present the Americans' offer.

Isaac Adrien, 20, told his neighbours the missionaries would educate their children in the neighbouring Dominican Republic, the villagers said, adding they were also assured they would be free to visit their children there.

Many parents jumped at the offer.

"It's only because the bus was full that more children didn't go," said Melanie Augustin, a 58-year-old who gave her 10-year-old daughter, Jovin, to the Americans. Ironically, Augustin had adopted Jovin because her birth parents couldn't afford to care for her.

Adrien said he met the Baptists' leader, Laura Silsby of Meridian, Idaho, in Port-au-Prince Jan. 26. She told him she was looking for homeless children, he said, and he knew exactly where to find them.

THE ASSOCIATED PRESS

**"It's only because the bus was full that more children didn't go."**
Melanie Augustin, who said she gave her daughter, 10, to a U.S. church group

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## Iraq **Another attack on Shiite pilgrims**

HADI MIZBAN/THE ASSOCIATED PRESS

**Shiite pilgrims hit themselves to mark Arbaeen, one of the holiest days in their religious calendar in Karbala, Iraq, yesterday. A bomb planted on a parked motorcycle exploded on the outskirts of Karbala early yesterday amid tight security for the huge religious procession, killing 23 people. It was the second attack this week on the huge religious processions for annual observances.**

## **News** in brief

**DARFUR** The International Criminal Court will again consider charging Sudanese President Omar al-Bashir with genocide in Darfur, after an appeals panel ruled that judges made an "error in law" when they refused to indict him on that charge last year. "He should get a lawyer," court prosecutor Luis Moreno Ocampo said after ruling yesterday. He accused al-Bashir of keeping 2.5 million refugees from specific ethnic groups in Darfur in camps "under genocide conditions, like a gigantic Auschwitz."

**FRANCE** Authorities are denying citizenship to a man who forced his wife to wear a face-covering veil, saying he had rejected national values of secularism and gender equality. The French government has been speaking out strongly against head-to-toe veils, and is moving toward banning them in public. Critics call the face-covering veil a gateway to Islamic extremism. Little is known about the man or his wife. News reports said the man is a Moroccan citizen and a member of the hard-line Tabligh movement.

THE ASSOCIATED PRESS

# Man accused of forging $1M in bogus checks

**A former public defender printed $1 million US in bogus payroll checks so he could gamble at casinos from Florida to California, in a case reminiscent of the 2002 film Catch Me if You Can.**

New Orleans Sheriff's spokesman Lt. Ed Baswell said yesterday Charles Bradford, 47, has had no fixed address since getting out of prison in 2006, is wanted in Arkansas, California, Florida, Kansas and Ohio, and may have operated in other states.

"This was a little reminiscent of Catch Me if You Can," Baswell said, referring to the 2002 film about check forger and con artist Frank Abagnale Jr., who went on to help the FBI catch other check forgers.

Bradford apparently told investigators he could help businesses avoid being conned by people like him, Baswell said. It is unknown where Bradford had practised law, but Baswell said he was a former public defender who apparently went crooked in 1988, when he was arrested on charges of impersonating a federal ATF agent with stolen credentials.

"Apparently in 1987, his mother passed away, and he kind of uses that as a reference point as to when he began a life of crime," Baswell said. "I don't know if he was deeply affected by the death of his mother and that triggered what he has done in recent years. But that seems to be the dividing line."

Bradford also was arrested on charges of robbing several banks and stealing a Kansas sheriff's identity, Baswell said.

Bradford allegedly would go to a casino town, check the phone book for local businesses, create counterfeit payroll checks — often using logos taken from their websites — and recruit people to cash them.

THE ASSOCIATED PRESS

## News in brief

**TEXAS** A 22-year-old woman allegedly stabbed her two young sons to death, then calmly held her wrists out to police officers who arrived at her home and told them "I just killed my babies." Elyse Marsyl Colon was being held yesterday on two counts of capital murder of a child for allegedly killing her sons, Jose Luis Garcia, 3, and one-year-old Guillermo Garcia. Police made previous calls to the home for family violence, records show.

**ENERGY** A presidential task force has recommended spending more money to make biofuels such as ethanol, saying the U.S. is likely to fall short of mandates for more environmentally friendly energy. An energy task force presented U.S. President Barack Obama with a report outlining how the United States' production of fuel from plants or animals was unlikely to meet the goal Congress has demanded.

THE ASSOCIATED PRESS

**Look to growth of emerging markets: Scotiabank**

Scotiabank says Canada's economy is on the road to recovery, but the country will have to adjust to a world that has changed since the recent global financial crisis, CBC News Online reports. The Canadian bank's chief economist, Warren Jestin, says China and other emerging markets will provide a lot of the world's future economic growth. METRO NEWS SERVICES

# Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Business in brief

**OILSANDS** Enbridge Inc. is getting ready for a "very busy year" in the oilsands following a recent wave of positive news from that sector, the pipeline operator's chief executive said after the firm reported a 14 per cent bump in fourth-quarter profit.

**LAYOFFS** AbitibiBowater's insolvent British subsidiary, Bridgewater Paper, has laid off a third of its workers after being placed under court protection from creditors. Spokeswoman Vicky Conybeer said the business was placed under administration on Tuesday after its directors concluded the money-losing company could no longer pay its debts. THE CANADIAN PRESS

# Tax hike needed: Ex-officials

**Finance Minister Jim Flaherty faces a dilemma in preparing for the March 4 budget — to what extent will it be a political or economic document.**

So far, Flaherty has maintained that he can balance the budget in the not too distant future without raising taxes, without cutting transfers to provinces and individuals, and without deep, painful cuts to government programs.

In doing so, Flaherty would count on steady economic growth to increase government revenues to such an extent that five, six, seven or eight years down the road — and poof, there goes the deficit.

**"No advanced country in the world has ever grown itself out of deficit."**
Scott Clark, former deputy finance minister

The approach has political appeal because it tells voters they don't have to give up anything.

But several former policy-makers who were involved the last time Ottawa eliminated a stubborn fiscal deficit say it can't be done without pain and higher taxes.

And they say the minister would be doing Canadians a service by coming clean. Former Liberal finance minister John Manley, former deputy finance minister Scott Clark and Parliamentary budget watchdog Kevin Page, also a former finance official, told a panel discussion yesterday that the deficit, now a small problem, could become a big one if plans aren't made to tackle it soon.

And, they argue, while some estimates of a chronic $20-billion deficit five years down the road doesn't sound like a big problem, it's unlikely the government can grow the economy enough to erase it. "That's not going to happen," said Clark. "No advanced country in the world has ever grown itself out of deficit. I've been there, I've seen that movie, seen the sequel." THE CANADIAN PRESS


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# AIG set to pay out big bonuses: Report

**BAILOUT** American International Group Inc. is set to pay out about $100 million US in a fresh round of bonuses to employees of its financial products division, the unit whose risky bets helped sink the company leading to a $180 billion government bailout, according to reports published Tuesday.

AIG agreed to cut the retention bonuses by $20 million, but was still to hand out $100 million yesterday, The New York Times reported, citing people with knowledge of the negotiations.

The Washington Post, also citing people familiar with the situation, said the retention payments are for employees at the division who agreed to accept 10 to 20 per cent less than AIG had initially promised them two years ago. In return, they are getting their money more than a month ahead of schedule.

AIG is still due to pay out tens of millions of dollars more in March, mostly to former employees who did not agree to the concessions, the Post reported.

A message was left with an AIG spokesman seeking comment. New York-based AIG faced intense public and Congressional criticism last March when it paid out hundreds of millions of dollars in retention bonuses to employees months after receiving the government bailout. THE ASSOCIATED PRESS


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# Squaw Valley ski resort sold

**REAL ESTATE** Intrawest ULC has sold all of its real estate holdings at Squaw Valley ski resort in California, the most recent in a string of asset sales before the financially-troubled resort giant goes on the auction block later this month.

Intrawest sold The Village at Squaw Valley, a former Olympic venue, to Squaw Valley USA, which already owns on-mountain operations at the Lake Tahoe ski resort in Olympic Valley, Calif., last week.

Financial details were not disclosed.

The European-style village was built by Intrawest in 2002 at the bottom of the site of the 1960 Winter Olympic Games, Squaw Valley USA.

The transaction includes all of Intrawest's real estate holdings and operational assets, including lodging operations at two hotels and commercial assets with tenants including six restaurants and 20 retail shops. THE ASSOCIATED PRESS

INFORMATION FEATURE

# Focus on long-term goals: Expert

RAFAEL BRUSILOW
for Metro Canada

**Building a long-term portfolio isn't as hard as you might think, as long as you have the right tools to help you along the way.**

While short-term gains can be an attractive prize to pursue as a direct investor, it's the long-term goals that will determine your overall financial future and having a healthy, robust portfolio is the best way to achieve those goals.

Jason Storsley, president and CEO of RBC Direct Investing, says the best place to get started is with RBC's online guidance and planning section, which lets you set up tailored learning plans that illuminate every stage of the investment process for you in a personalized way.

A learning plan will let you focus on those elements of the investment process you want to pursue, be they more basic concepts or advanced-level strategies meant for experienced investors.

"Our guidance and planning section is a great place to increase your confidence and there's something for everyone," Storsley said.

Once you've decided to embark on a long-term portfolio, you'll want to ensure an effective asset mix — that's where RBC's innovative asset mix calculator comes in. Available to RBC direct investors, the calculator takes the guesswork out of building an asset mix by taking into account each investor's individual needs and suggesting a specific investment profile tailored to that investor. It's like having your own personal investment adviser on deck to guide you directly down a path that suits your needs.

"You don't want to put all your eggs in one basket, so understanding what your asset mix should be is the starting point for any level of investor," Storsley said.

Mutual funds and exchange traded funds can give you instant diversification, yet picking the right choices for you can seem daunting because of the sheer number of funds out there. Using RBC screeners, you can quickly sift through thousands of funds by setting search parameters that can narrow down your list to just the ones that fit your needs. Whether you're searching for income funds only, Canadian-only funds, the funds that have exhibited the best performance over the past five years, or you want to narrow the universe of available funds down in some other important way, RBC screeners give you a plethora of options for finding the right fund for you.

**"You don't want to put all your eggs in one basket, so understanding what your asset mix should be is the starting point for any level of investor."** Jason Storsley

For more adventurous investors looking to manage their investments in a more personal way, RBC Direct Investing offers all the tools necessary to self-manage your portfolio more directly, with equity research from Morningstar, Standard and Poor's, and RBC Capital Markets just a click away, ensuring you'll always have the right information to make informed decisions about your long-term portfolio.

Once your portfolio is up and running, Storsley says it's important to regularly keep tabs on the changes that occur as the market shifts or as a company progresses. Be ready to make any necessary or worthwhile changes you see.

"As things change, make sure you make changes within your portfolio," Storsley said.

Take stock of how your portfolio is performing and look for places where you can rebalance your portfolio to make it a better fit for your overall long-term strategy.

"Rebalancing gives you an opportunity to sell and take advantage of areas of your portfolio that may have performed particularly well and reduce risks in other parts of your portfolio," Storsley said.

To ensure your investments are being monitored even when you're away, RBC offers a powerful email alert system that can be set up to let you know when any conditions determined by you change with one of your investments, such as when a stock you hold drops to a certain price, for example. You can keep multiple watch lists for stocks with up to 30 stocks per list and see at a glance how a particular sector of your market is performing. With a wide variety of programmable triggers, email alerts from RBC make sure you're never out of the loop.

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**Tigers, Verlander said to have $80M deal**

Pitcher Justin Verlander and the Detroit Tigers have agreed to an $80 million, five-year contract, a person familiar with the negotiations said yesterday. THE ASSOCIATED PRESS

# Sports

## Hitchcock fired

**The Columbus Blue Jackets have fired coach Ken Hitchcock, left, and replaced him with Claude Noel on an interim basis. Hitchcock held the job since November 2006 and led the franchise to its first playoff berth last season, but the Blue Jackets have struggled this year and sit 14th in the Western Conference.** THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

## Sports in brief

**SOCCER** Spain has kept the top spot in FIFA's world rankings, and Africa Cup of Nations winner Egypt surged into the top 10. Spain is followed by Brazil and Netherlands. Canada is tied with Poland after falling one spot to 57th.

THE ASSOCIATED PRESS

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# Glencross pots hat trick in win

## Newly acquired Flame Matt Stajan scores game-winning goal

**NHL RESULTS**

**Hurricanes 1 Flames 4**

**Curtis Glencross recorded his first career hat trick to lead the Calgary Flames to a 4-1 win over the Carolina Hurricanes last night.**

Matt Stajan added the game-winning goal in the second period as Calgary improved to 28-21-8.

It was Stajan's second game as a Flame since being acquired from the Toronto Maple Leafs in a seven-player trade on Sunday.

Carolina captain Eric Staal scored the lone goal for the Hurricanes (19-30-7), who have now lost two straight following a four-game winning streak.

Miikka Kiprusoff stopped 27 of 28 shots he faced in the Calgary net to record his 25th win of the season. Carolina netminder Cam Ward finished with 35 saves.

JEFF MCINTOSH/THE CANADIAN PRESS

Calgary's Curtis Glencross, centre, celebrates his hat trick with teammates Eric Nystrom, left, and Rene Bourque last night.

Stajan was acquired along with forwards Jamal Mayers and Niklas Hagman and blue-liner Ian White in exchange for defenceman Dion Phaneuf, forward Fredrik Sjostrom and defensive prospect Keith Aulie. Forward Ales Kotalik and Christopher Higgins made their debuts for the Flames after being acquired on Monday from the New York Rangers for Olli Jokinen and Brandon Prust. THE CANADIAN PRESS

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Scan this barcode for summaries of last night's NHL games.

## Report claims Tiger to return this month

**GOLF** Will Tiger Woods emerge on the PGA Tour in Arizona this month at a tournament put on by one of his former sponsors?

According to the Melbourne Herald Sun, Woods will play in the Accenture Match Play Championship at the Dove Mountain course near Tucson. The Australian newspaper was unable to confirm when Woods will emerge from exile because neither his management agency nor PGA Tour officials would comment on the unsubstantiated claim by one of the newspaper's columnists, Mark Hayes.

According to the Tribune, Woods is "poised to make a shock return to competitive golf" at the Accenture tournament that starts Feb. 15.

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**Komisarek will miss Games**
Toronto Maple Leafs defenceman Mike Komisarek will undergo season-ending shoulder surgery, ending his plans to represent the United States at the Vancouver Olympics. THE CANADIAN PRESS



# Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

# Sliding into place

## Hollingsworth ranked No. 1 heading into Winter Games

**The track is clear for Mellisa Hollingsworth to bring home Olympic gold in skeleton.**

The 29-year-old Alberta slider with the horse skull on her helmet leads a strong Canadian contingent to the Vancouver Olympics, racing Feb. 18-19.

Hollingsworth obliterated all comers on this year's World Cup circuit: Seven podium finishes in eight races and two gold medals.

The woman from Eckville, in the foothills of central Alberta, is the top-ranked skeleton slider in the world.

"To have success on such diverse tracks all over the world is key," said Hollingsworth, who won a bronze medal at the Turin Olympics in 2006.

"That shows my driving skills, my ability, my equipment — everything is on track. You just build on that momentum."

The highest-rated men's slider on the six-athlete squad is Jon Montgomery.

And if Hollingsworth and her 5,000-watt smile is the face of the team, then the 30-year-old tousle-haired redhead from Russell, Man., is its heart.

When the team was formally announced in the packed gym at Calgary's Olympic Heights elementary school, Montgomery, palms out at ankle level, zipped up the aisle, high-fiving — or more accurately low-fiving — the cheering flag-waving students. Teammates followed suit and the energy level went through the roof.

"I have all the tools necessary to get it done. It's just a matter of putting it all together on race day," said Montgomery.

He heads to his first Olympics after a season that saw him ranked fifth overall, including a win in Cesana. He won the pre-Olympic test event in Whistler last February.

THE CANADIAN PRESS

### Skeleton stars

- **Martins Dukurs, Latvia:** The 25-year-old slider grew up on the country's one track, in Sigulda. He won half the races on the World Cup circuit this year, and is ranked No. 1.
- **Kerstin Szymkowiak, Germany:** The 32-year-old "Ice Tiger" makes her first Games appearance and comes in on a roll. She was on the podium in the last five World Cup races.
- **Shelley Rudman, England:** The 28-year-old won silver in Turin in 2006 and heads to Vancouver ranked No. 2 overall.

MATTHEW STOCKMAN/GETTY IMAGES

Mellisa Hollingsworth competes in the FIBT Bob & Skeleton World Cup Nov. 20 at the Olympic Sports Complex in Lake Placid, N.Y.

## Jamaican bobsled team misses cut

**LIST** Jamaica's bid to have its bobsled team compete in this month's Olympics has come up short.

The list of nations who qualified and entered bobsled events at the Vancouver Games, obtained yesterday by The Associated Press, failed to include Jamaica — which had spent the last few weeks hoping that a slot opened in the field.

Those hopes were dashed, and yesterday, the Jamaicans acknowledged that all chance for 2010 was gone.

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# Metro Homes

**Lighting up**

The two-light Candice Wall Sconce has an antique bronze finish with decorative leaf accents and honey-coloured etched glass shades. Canadian Tire, $49.99, canadiantire.ca.

JENNIFER BILL/FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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# Give your walls a **personal touch**

JENNIFER BILL
for Metro Canada

**Wall decals, decorative clocks, candle wall sconces — gone are the days of simply wallpapering and hanging a painting. Just as a home's decor allows one's personality to shine through, a home's walls offer individuals a blank canvas in which to express themselves.**

"I think when it comes to adorning your walls it always comes down to expressing your personality," said Margot Austin, senior design editor at Style at Home magazine. "Regardless of trends you have to go with what speaks to you,"

Coiled and twisting wood formations in this Spiral Wall Art bring a unique, organic flair to modern spaces. West Elm, $49, westelm.com.

Strike with simplicity with these Floating Botanical Prints. Naïve botanical sketches are screen-printed in charcoal on glass. West Elm, $39-$79, westelm.com.

The Tara Wall Sconce has a polished chrome finish with crystal pendants and glass accents. Canadian Tire, $49.99, canadiantire.ca.

The Metal Spine Wall Shelf is ideal for narrow spots, with four alternating shelves with brushed-nickel finish that seem to disappear when filled with books or objects. West Elm, $99, westelm.com.


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# A home like nothing before

**With more Calgarian's buying homes on the West Coast, the developers of a planned waterfront community of 62 luxury residences, located just north of Qualicum Beach on Vancouver Island, is hosting a selection day in the city.**

Qualicum Landing stretches over 15 acres of rare, walk-on waterfront on a recreational destination known for its mild climate that has long been sought-after by buyers from Vancouver, Victoria and Alberta.

**Info**

- For more information or to register for the upcoming selection day event please visit: qualicumlanding.com or call 604-220-6249.

Seen here is a shot of a Qualicum Landing waterfront home.

Its developer is holding an early-bird selection day on Saturday with standalone luxury beach homes starting at $369,000.

"Nothing like Qualicum Landing existed in the area" said developer David Steele.

"Some developments have close proximity to the water, or offer luxury built homes, but none of them have it all. That's what makes us so unique."

According to Steele, the community was thoughtfully designed and comes with an array of amenities that include a clubhouse, pool, fitness centre, owners lounge and waterfront garden. Phase one is complete and buyers are being offered a choice of seven floor plans.

FOR METRO CANADA

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**Celebrity baggage for sale**

Celebrity Baggage (celebritybaggage.com) is a new online charitable auction featuring one-of-a-kind "baggage" items signed and donated by some of Canada's most celebrated personalities, including Harry Rosen, Amy Sky and Anne Murray. METRO NEWS SERVICES

# Style

## Tee to help Haiti

**To help raise funds for Haiti, Jacob has designed a special T-shirt that will be sold for $15 at all of its Jacob and Jacob Connexion stores across the country starting Friday. One hundred per cent of the proceeds will go to Oxfam for the reconstruction of Haiti; the goal is to reach $150 000. Designed by Jacob's graphic design team, the image on the shirt shows a helping hand shaped by hand-written sentences, several of which are in Haitian Creole.**

METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Genetic Denim's James jeans ($238).

Genetic Denim's Johnny jean jacket ($278).

# It's all in the *genes*

## Edgy, sophistic label Genetic Denim gets wider release

ANN-MARIE COLACINO
for Metro Canada

**Ali Fatourechi knows what women want... Well, at least when it comes to denim.**

His styles are worn by the likes of such A-listers as Anne Hathaway, Shakira and Halle Berry and are now making their way (with a wider release starting this month) to Canada.

He is the founder of Genetic Denim, a brand he spent years developing, including a one-year stint of market research.

In 2006, the American-based designer embarked on what he calls a denim tour across the United States to ask mostly women and some men what they wanted in a pair of jeans.

Traveling in a U-Haul across 42 cities for a year might not seem like the most glamorous of ventures, but when you see the end result of Fatourechi's market research it all makes sense.

After interacting with 20,000 consumers, he designed a collection that utilizes top-quality fabrics with washes and cuts from around the world. The brand is designed to actuate each individual's assets while maintaining the ultimate in comfort.

When asked the secret to the jeans' softness, Fatourechi remains covert: "I travelled the four corners of the earth looking to develop the softest fabrics. It's the yarn I use and the mills I work with... that's all I can say."

During a recent visit to Toronto, he also shared some of the key lessons he learned from his travels. "You're only as good as your first five inches below the waistband. If the jeans don't fit within the first five inches below the waistband as a denim brand you're dead in the water.

"All women care about how their hips, crotch and backside look in a pair of jeans," explains Fatourechi. To address these concerns, his spring/summer 2010 line includes styles like The Shane, a cigarette cut, The Riley, a classic boot-cut and The James, a cigarette cut with zippers.

The line also includes a variety of jackets, vests, shorts, skirts and even a jogging pant, ranging from $225 to $275.

Once he addressed the major structural aspects of his denim brand, Fatourechi decided to incorporate some unique touches into his pieces, including an embedded DNA helix and "XX" or "XY" embroidery on each item. This is a nod to the brand's name, which references human DNA. "The only thing that makes you unique in this world," says Fatourechi.

### Where to buy

- Genetic Denim's spring collection debuts at Aritzia stores tomorrow. It will also be available at Holt Renfrew throughout the month. Visit geneticdenim.com for more information.

Genetic Denim's Walker jeans ($238).

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***Shayn Anderson** is founder of Diversity Inclusion, a training and consultant firm, that provides professional knowledge and tools that enhance workforce diversity by creating a business environment that embraces full inclusion. In 2006, Shayn published his first book entitled, The Disability Factor: Five Simple Tools To Better Serve People with Disabilities and his second book released in 2008 is titled, Taking Pride In That Which Sets Us Apart: A Vision of Hope and Personal Responsibility for People with Disabilities. Having worked in both the private and public sector, he has a Master of Science in Rehabilitation Counseling from San Diego State University and a Bachelor of Arts in History from the University of the Pacific. Approaching all presentation and training subjects from a down to earth perspective and fundamental approach, Shayn mixes humor and his perspective as a person with a disability in order to maximize the participant's learning experience.*

Visit the website www.t7edc.com for more information as it becomes available.

For more information on the Coast Plaza Hotel and Conference Centre, please visit their website at www.calgaryplaza.com.

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**New York Fashion Week Preview**
New York Fashion Week runs Feb. 11 to 18. Designers will include Vera Wang, Michael Kors, Diane Von Ferstenberg and Calvin Klein. Visit mbfashionweek.com/newyork for more information. METRO NEWS SERVICES

# Buh-bye old Bryant Park

## A look at the often prickly relationship between New York's fashion industry and its soon to be former headquarters

AMY ZIMMER
Metro World News

**This season is New York Fashion Week's last in the iconic white tents at mid-town's Bryant Park.**

But what has Fashion Week meant for Bryant Park? Nostalgic reflections from Anna Wintour, Patricia Field and many more will plaster the Bryant Park Tents for the grand farewell before next season's move to the Lincoln Center performing arts complex.

It started as a symbiotic relationship in 1993. "Our mission was to organize, modernize and centralize," says Fern Mallis, Fashion Week's mastermind, of the Council of Fashion Designers of America's decision to move the catwalks. At the time, the shows were known as "Market Week." They were haphazard and sometimes hazardous — a piece of the ceiling fell during a Michael Kors show. Before Fashion Week, "nobody thought New York had designers that were creative," Mallis says.

Bryant Park was undergoing its own renaissance, shedding its nickname "Needle Park" for the drug dealers, prostitutes and the homeless who had taken residence there since the 1970s. "But we weren't glamorous," notes Bryant Park Corporation president Dan Biederman. "They brought us glamour."

Bringing the white tents to the eight-acre green space in Midtown Manhattan provided a big boost to American designers. It gave them the creative recognition that made it possible, on a certain level, for homegrown designers like Kors and Marc Jacobs to capture the attention of major French fashion houses (Celine and Louis Vuitton respectively).

But as the park's name became synonymous with Fashion Week, the Bryant Park Corporation began to sour on the event. And what was an important move for Fashion Week — changing its schedule to run ahead of London and Paris shows — turned out to hurt Bryant Park. Instead of running at the chillier end of autumn as they had for the first several years, the shows took prime lawn space away from lunchtime workers returning to their offices after Labor Day vacation. The February shows posed problems when the park got a skating rink.

"We won't miss the complaints," Biederman says. "People called us crass and commercial because it was an invitation-only event in a public park," he adds. In fact, he says it was his organization that helped event organizers from IMG find the Lincoln Center spot.

Bryant Park will likely miss the seven figure fee Fashion Week paid to use it, but Mallis — who had searched every pier and empty lot in New York City before agreeing to Lincoln Center — believes the businesses in the area may miss the hundreds of models, stars, stylists, editors and writers who buy their lattes nearby.

"It's a bittersweet moment," Steven Kolb, executive director of the CFDA says. He adds, "Bryant Park became symbolic. If you're a young designer and want to make it in fashion, you dream of Bryant Park. But at the same time change is good. Knowing that designers are creative people, I can't imagine they wouldn't tap into the arts at Lincoln Center."

The now iconic Bryant Park Tents attracted its fair share of onlookers. Whether they were admirers or haters depends on whom you ask.

New York Fashion Week Preview

### Timeline

**A brief look at New York Fashion Week history:**

- **1991:** Debris falls during Michael Kors' show in a loft, hitting fashion writer Suzy Menkes on the head.
- **1993:** The CFDA launches "7th on Sixth," bringing white tents to Bryant Park and creating Fashion Week as we now know it.
- **1998:** Fashion Week is brought forward to early February.
- **2001:** IMG, a sports and entertainment marketing management firm, takes over Fashion Week by purchasing 7th on Sixth from the CFDA along with its executive director Fern Mallis.
- **2006:** Fights between Fashion Week and Bryant Park continue. The Bryant Park Corporation wants Fashion Week out so that they can operate their skating rink in the winter. New York City Mayor Michael Bloomberg intervenes at the behest of Anna Wintour.
- **2009:** Mayor Bloomberg announces that Fashion Week will have a new home at Lincoln Center. The space will expand from 70,000 square feet to 87,000 square feet.

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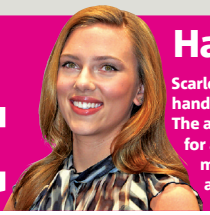
**Garrett faces drug charges**

Ex-child star Leif Garrett found himself locked up for two days this week on drug charges. The singer-actor, who reached teen idol status in the 1970s, was arrested Monday at a Los Angeles Metrolink station for possession of a controlled substance, TMZ reports. METRO NEWS SERVICES

# Entertainment



**Haiti handbag**

Scarlett Johansson has designed a handbag to raise money for Haiti. The actress has sketched designs for a stylish ivory bag with a map print, which will be sold at Mango. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

# Meaghan follows retro path

## Meaghan **Smith**

**Album:** The Cricket's Orchestra
**Label:** Warner
**Rating:** ●●●

**THIS WELL-OILED** debut LP by London, Ont., native Meaghan Smith follows a retro-path already well trodden by fellow Canadian songstresses Jill Barber, Sarah Harmer and Melissa McClelland. Smith was looking for a sound reminiscent of the '30s and '40s and found it with Toronto-based producer Les Cooper who wove similar magic into Barber's last offering, Chances. The strings, horns and organ add charm without overpowering the light-hearted appeal of Smith's voice. There's nothing wrong with old. As a matter of fact, old is a lot better than a lot of the garbage currently on the radio. Fast-forwarding a few decades, however, might make more sense for Meaghan Smith's next outing.

Graham Rockingham/for Metro Canada

## Martha & The **Muffins**

**Album:** Delicate
**Label:** Muffin Music
**Rating:** ●●●

**MARTHA AND THE** Muffins used to be Canadian music royalty — they released Echo Beach three decades ago to international acclaim. But that was then. Today you'd be hard pressed to find a new music fan who knows anything about the group. That could change with Delicate, the group's first disc in 18 years. The album harkens back to the act's new wave roots. Martha Johnson's monotone vocals have barely changed, and the group's thickly layered rock is straight out of the '80s. The music isn't as engaging as it once was, but it's a much better listen than many reunion discs out there.

Bryan Borzykowski /for Metro Canada

The Cricket's Orchestra is the debut album from Meaghan Smith.

## Album**Reviews**

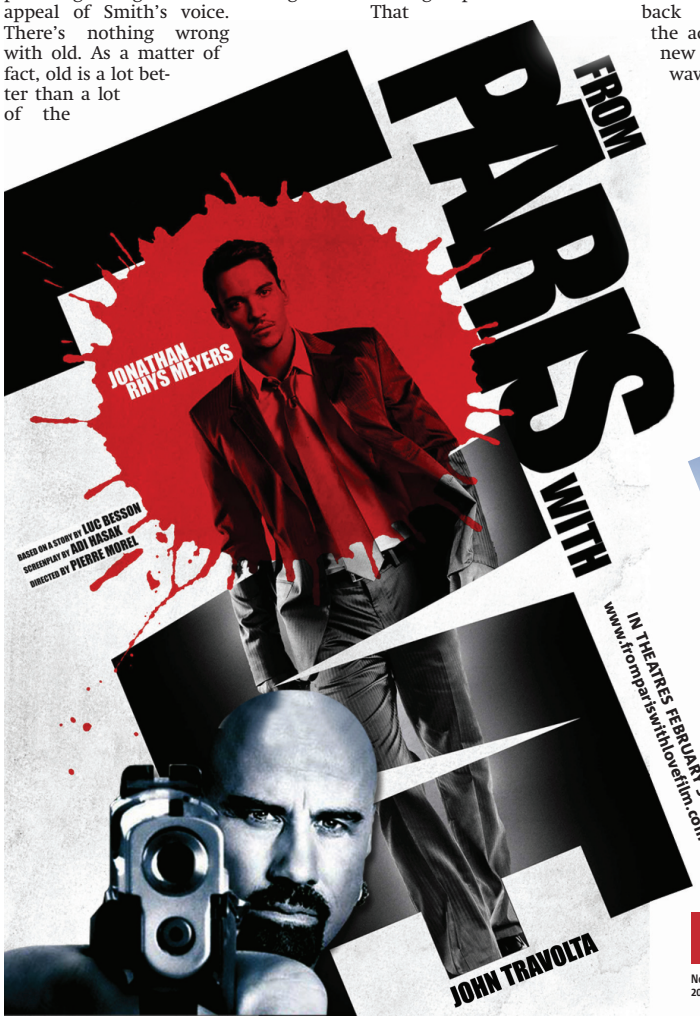
music@metronews.ca

## The Album **Leaf**

**Album:** A Chorus of Storytellers
**Label:** Sub Pop/Outside
**Rating:** ●●●½

**AFTER 10 YEARS** of playing dreamy, low-key music, Jimmy LaValle, the man behind The Album Leaf, has finally recorded with a full band. The results are exactly what you'd expect — the songs are more complex and more ambitious than his previous work. He's still producing interesting stuff, but it's not as immediate and, frankly, a lot of bands are already doing what he's doing. He's lost some of his uniqueness here, but the songs are still as atmospheric as ever.

Bryan Borzykowski /for Metro Canada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**Katie Price gets hitched**

British model and tabloid favourite Katie Price has married her cage-fighter boyfriend Alex Reid in Las Vegas. The couple says they married Tuesday "in a private, simple ceremony." THE ASSOCIATED PRESS

# Any answers found in Lost?

**Hopeful, breathless, even fretful over what may lie ahead or be forever unexplained, Lost fans have welcomed back the ABC mystical thriller for its sixth season — the beginning of its long-coming, too-close-for-comfort finale.**

Two of the final 18 hours were aired Tuesday as its season premiere, after a warm-up Lost for Dummies recap that, even for the most devoted disciple, offered helpful cues to the ever-escalating mythology.

But did this double-dip opener address the pair of island mysteries gnawing at viewers since last May?

What was the upshot of the kookie nuclear explosion Jack (Matthew Fox) masterminded to rewrite history and render the series' whole storyline moot? And what's the scoop with the dead John Locke (Terry O'Quinn) coexisting with his very-much-alive John Locke look-alike?

(Warning: possible pesky spoilers ahead.)

Well, Jack is seen back on Oceanic Airlines Flight 815, and despite several moments of troubling turbulence, soon enough all seems well.

"Looks like we made it," Jack says to a fellow passenger as the flight smooths out.

Was this a replay of the original flight, just before the plane was pulled apart by electromagnetic energy and crashed in the series premiere?

Maybe Jack's grand plan to prevent the crash didn't work.

Or maybe it did.

Then the action shifts to the island and the construction site of the Swan station, where the nuclear bomb had been detonated to cap the deep pocket of electromagnetic forces. Jack, Kate (Evangeline Lily) and Sawyer (Josh Holloway) are bloodied and shaken up by the explosion.

And Juliet (Elizabeth Mitchell), who set off the nuke after plunging to the bottom of the shaft, is found by Sawyer alive. Alive long enough for their tearful farewell, anyway.

Elsewhere, the island's uber-boss, Jacob (Mark Pellegrino), who was apparently stabbed and burned to death in last season's finale, seems in fine fettle long enough to declare, "I died an hour ago."

As for the live version of Locke: Seems as though this is the human alter ego for the mysterious Smoke Monster, which has plagued the islanders in the past.

"I'm sorry you had to see me like that," he tells Ben (Michael Emerson), who is shocked by the sight of the carnage inflicted on Jacob's thuggish security guards.

THE ASSOCIATED PRESS

Evangeline Lilly and Josh Holloway in a scene from Lost.

**Lost airs Tuesdays on CTV and ABC**

# Armstrong cancer's enemy No. 1

ELIZABETH BRAW
Metro World News

**No athlete dominates his sport like Lance Armstrong. But in 1996, the world cycling champion's career nearly ended as he was diagnosed with Stage 3 testicular cancer. He was just 25 then. Even more devastatingly, the cancer had spread to his abdomen, lungs and brain. But Armstrong survived and went on to win the Tour de France a record seven consecutive years.**

Today Armstrong, who later retired from competitive cycling but has since returned, runs the Armstrong Foundation, which supports cancer victims and survivors around the world. The celebrity athlete — Armstrong has dated singer Sheryl Crow and actress Kate Hudson — is also one of Twitter's giants, with almost 2.5 million followers.

**Today is World Cancer Day**

**Q Your cancer is now in remission. How does it affect your daily life?**

**A** I appreciate my life in a completely new and better way. Cancer has also allowed me to give back to my community and now the world in a way that I would never have imagined. I've been a competitive athlete for most of my life and I'm sure I would have pursued a long career in professional cycling either way and with success. But cancer put suffering and pain and fear — which are all part of any Tour de France — in perspective. No mountain stage in the Tour can compare to it. Cancer gave me focus, a purpose and a lot to live for.

**Q Women openly talk about breast cancer, but men find talking about testicular cancer very hard. Were you ever embarrassed to talk about it?**

**A** Yes. At age 25 I had won the World Championships, the Tour Du Pont and multiple Tour de France stages. Then I was told I had cancer. Like most young, healthy men, I ignored the warning signs, and never imagined the seriousness of my condition. Going untreated, the cancer had spread to my abdomen, lungs and brain.

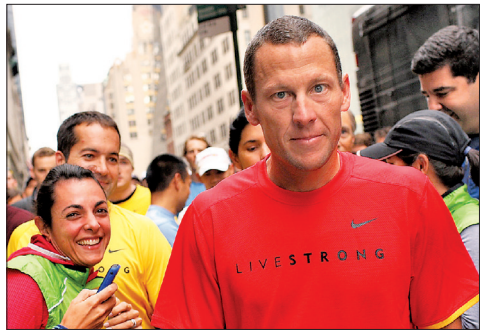
But then my competitive spirit took over. I declared myself not a cancer victim but a cancer survivor. While I was being treated, I truly began to grasp the magnitude of cancer. At the time, there were more than eight million people living with cancer. I got really angry and became interested in fighting cancer; not just my own, but cancer in general.

**"Cancer put suffering and pain and fear — which are all part of any Tour de France — in perspective. No mountain stage in the Tour can compare to it"**
Lance Armstrong

**Q Your Livestrong armbands have become ubiquitous. What's the next step in your fight against cancer?**

**A** In 2009, we established the Livestrong Global Cancer Campaign to address the global cancer burden and support the 28 million people living with cancer today. Cancer currently claims eight million lives each year and is projected to become the leading cause of death worldwide this year. Without global action, these numbers could triple by 2030.

This year I'll continue my efforts to reduce the burden of cancer with more urgency than ever.




Former cycling champion Lance Armstrong is actively involved in the global fight against cancer.

**Keep your food fresh**

Proper air circulation is critical for refrigeration and freezing. Look carefully to see where the air vents are and be sure to leave them exposed. Leave spaces between products and don't jam them together. METRO NEWS SERVICES

## Urban Foodie

# Mangia bene at Bonterra

ANDREE LAU
CalgaryUrbanFoodie@gmail.com

**Bonterra**
**1016 8th St. S.W., Calgary**
**(403) 262-8480**
**bonterra.ca**

**Rating:** ❁❁❁❁❁
**Brunch & drinks for two:** $70

The rear downtown patio of Bonterra is legendary, but in colder months, the restaurant shouldn't be overlooked for transporting you to an Italian terrazza, with its smooth red wines and fine hospitality.

The restaurant is elegant without being snooty, comfortable without slipping into indifference.

Oh, and the food. Bonterra's kitchen doesn't fuss with anything, letting ingredients speak for themselves, and adding a little pizzazz when needed. It's also very generous in its portions.

A simple starter of marinated mushrooms ($9) is sprinkled with grana padana, rosemary, sea salt and white truffle oil. Beef carpaccio ($15) gets a kick with fried capers and a whole anchovy. Calamari ($14) is lightly grilled with a curious but delicious partner of currants, almonds, sundried tomatoes, olives and an Asian-inspired spice mix.

The kitchen knows its way not only with meat — a pistachio-encrusted rack of lamb ($44) is perfectly cooked with pumpkin puree and crunchy snap peas — but also with fish, cooking a lovely trout ($27) with green beans, fingerling potatoes and olives.

No respectable Italian establishment can get away with anything but perfect pasta and Bonterra delivers. The menu changes seasonally but one mainstay is its linguine carbonara ($16), yet another simple, but indulgent dish made with wild boar bacon, fresh egg, chiles and grana padano.

Dessert matches the rest of the evening with a pleasing panna cotta, flecked with vanilla bean seeds and some light strawberry sauce.

### On the web

- Get recipes and more great food content at metronews.ca/recipes

Beef carpaccio ($15) with fried capers from Bonterra.

## Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of parsnip chowder.

## Dining out

**RIBS NIGHT IS NOW EVERY NIGHT**
All-you-can-eat ribs are on offer at Montana's (six locations in Calgary) every day for a limited time. Available in Texas Bold, Apple Butter and Honey Garlic. To find the restaurant nearest to you head over to montanas.ca.

**SPANISH NIGHT**
Janice Beaton Fine Cheese (1017 16th Ave. S.W.) hosts a tasting night ($25) of wines and cheeses on Tuesday at 7 p.m. You can also add a three-course dinner at FARM after. Call 403-229-0900.

ANDREE LAU/ FOR METRO CALGARY

## In brief

**KITCHEN WARE** Grab some great gifts and ideas at Savour Fine Foods and Kitchenware (1331 9th Ave. S.E.) in Inglewood. The secret to good food is quality ingredients and co-owners Jane and Michelle have carefully selected products that appeal to both novice and gourmet cooks alike. METRO CALGARY

**Super producer**
Smallville's Tom Welling may be back on The CW next season — at least as a producer. The network has picked up a Welling-produced dramedy pilot set in world of competitive college cheerleading titled Hellcats. It's Election meets Bring It On. EW.COM

# Mötley a more clean-cut Crüe

KEITH CARMAN
for Metro Canada

**They may have had their hands on more pharmaceuticals than Pfizer, enough brawls to embarrass Ultimate Fighters and boast rap sheets longer than Al Capone but there's one thing legendary brash rock 'n' rollers Mötley Crüe just can't seem to face.**

Mötley Crüe play in Toronto tonight as part the Dead Of Winter Tour

The cold.

"Me and my Chuck Taylors with holes in them aren't gonna fare well up there," jokes bassist Nikki Sixx about the band's forthcoming cross-Canada Dead Of Winter Tour.

"We think the title is funny. We were talking about going up there because we love Canada. Someone said, 'Yeah, right in the dead of winter.' There you go! That's the name of the tour!"

Despite decades of portrayal as a gruff, leather-clad naughty boy, Sixx is quite the charmer. Out to ensure this tour is packed to the rafters, he wisely addresses Canada's inherent identity crisis with carefully chosen words.

Discussing why Mötley Crüe (completed by guitarist Mick Mars, singer Vince Neil and drummer Tommy Lee) would bother to cross our country at the worst possible time, he pours it on thicker than molasses in, well, January.

"Canadian fans have been our best fans, influential worldwide about people being aware of the resurrection of Mötley Crüe all the way back to 2004. Even in the old days, you were instrumental in writing fan mail, calling radio stations and getting our name out there."

Speaking of dedication, Sixx is quick to point out that despite The Crüe's raucous image and well-documented in-fighting that has resulted in many break-ups and solitary departures (via their shocking 2001 biography The Dirt), the Dead Of Winter Tour finds one of modern rock's most decadent, debauchery and dysfunctional bands surprisingly co-pacetic.

"We were just in rehearsals. Everyone pulls up, hugs each other and someone asks what to start with. 'How about, Doctor Feelgood?' 'Ok, then we'll end with Shout At The Devil.' We run through 20 songs, sit down and have a laugh, then we go home. That's it? That's all the drama? The drama lives in fable; in books and in folklore.

"We have our ups and downs but we love each other," he continues. "It took time (because) you're in a marriage. At first, you're madly in love and then all of a sudden the other person squeezes the toothpaste tube from the middle instead of the bottom and you hate them.

"After a while of living with them, you learn to let little things go and then you fall back in love with them."

So while attitudes within the Crüe camp have warmed up, Sixx admits that it's not enough to get them through The Great White North.

**"We have our ups and downs but we love each other."**
Nikki Sixx

That's why they've created their own retaliation to winter chill. "We're gonna give you two things," he laughs. "Loud, dirty rock 'n' roll and a lot of pyro to heat up the place. We'll need it because it's so effin' cold up there."

SECOND CUP
Buy one coffee, get a second cup on us.
Valid only at participating Second Cup locations from February 4 to February 7, 2010. Buy a medium size brewed coffee and receive a medium size brewed coffee for Free. Offer is limited to one Free medium size brewed coffee with purchase per voucher. Voucher has no cash value and is not valid with any other offer.

(Left) Kristen Bell and (right) Malin Akerman in Couples Retreat.

# A Canuck in comedy

PHIL BROWN
for Metro Canada

**PROFILE** Toronto-native Malin Akerman has really come into her own in Hollywood in recent years.

The young actress starred alongside Ben Stiller in The Heartbreak Kid, played a flawed superhero in Watchmen, and most recently shared the screen with Vince Vaughn and Jon Favreau in Couples Retreat (arriving on DVD Friday). For Akerman, the experience has been well beyond anything she ever expected.

"It's been a pretty strange experience," Akerman told Metro. "I've worked with phenomenal comedians who I've idolized for my entire life. To all of a sudden see my face on the same poster as Vince Vaughn was pretty surreal."

Couples Retreat offered Akerman a rare opportunity to be involved with a movie throughout the creative process. With Vaughn and Favreau also working as screenwriters, the entire cast was encouraged to expand their roles.

"It was nice because they were in the middle of cleaning up the script and rewriting certain things when I came on board." revealed Akerman. "So before we even started shooting, Vince and I had a good five hours when we went through all the scenes and improvised. Sometimes when you're working with people who have written the material they can be really keen on their words, but this was a huge collaborative effort."

Though known primarily as a comic actress, Akerman now wants to expand her career with dramatic roles.

"Often when you're cast in a certain genre people only see you in that light, which in my case is comedy," said Akerman.

"So, I've tried to veer away from that recently. This year I worked on three different independent films that are not comedies just to show what I can do in the hopes of opening up other doors."

In the coming months, audiences will be treated to a more serious side of the actress in the ensemble dramas HappyThankYouMorePlease and The Romantics (both of which premiered at the 2010 Sundance Film Festival) as well as the Canadian-funded apartheid feature The Bang Bang Club. Through these projects, Akerman found that she thrived in the fast paced world of independent filmmaking.

"I loved it. The turn around is faster and you become very close to everyone you work with.

"There's a nice feeling on the set that you're all in it for the right reasons and really want to be there," says the actress.

However, Akerman admits that she has no desire to ditch Hollywood entirely any time soon.

At the moment, she's happy to try it all.

If you treat your friend to a better cup of coffee
did you still laugh at their new haircut?
Use the coupon above to find out.
SECOND CUP

Couples Retreat is out on DVD Friday

# Jackson doctor to be arraigned tomorrow: Source

**LEGAL** A source tells The Associated Press Michael Jackson's doctor, Dr. Conrad Murray, is set to be arraigned tomorrow afternoon at a courthouse near Los Angeles International Airport, according to a person familiar with the planning but who declined to be named because of the sensitivity of the situation.

Prosecutors have declined to say when or whether they will charge Murray.

Two law enforcement sources have told the AP that prosecutors plan to charge Murray with involuntary manslaughter.

The officials requested anonymity because they are not authorized to publicly discuss the case.

Murray and his legal team said yesterday they have not received word about a decision from the district attorney. Attorney Ed Chernoff says his client will surrender if charged.

Murray told police he administered Jackson a powerful anesthetic and other sedatives shortly before the singer's death June 25.

Murray maintains nothing he gave Jackson should have killed him. "I haven't received any phone call from anybody asking for the doctor to surrender," Chernoff said. "If we get the call, we'll be happy to."

Jackson, 50, hired Murray to be his personal physician as he prepared for a strenuous series of comeback performances in London.

THE ASSOCIATED PRESS

## Murray in default on debt: Judge

- A judge in Las Vegas has found Michael Jackson's former doctor in default on a nearly $132,000 debt related to office medical equipment and services.
- Dr. Conrad Murray failed to appear in Clark County District Court yesterday before Judge Michael Villani found him in default and awarded a judgment to Digirad Imaging Solutions.

**He put a ring on it**

Ahead of the Valentine's Day rush, Beverly Hills, 90210's Ian Ziering has changed his Facebook status from being "in a relationship" to "engaged." "Her name is Erin Kristine Ludwig," Ziering, 45, tells People magazine. METRO NEWS SERVICES

# Celebrity Buzz

## Gearing up for rehab

**A JUDGE SMACK DOWN** Redmond O'Neal has vowed to turn his life around, femalefirst.co.uk reports. The troubled 25-year-old son of Ryan O'Neal and late actress Farrah Fawcett penned a note promising to leave his "old ideas behind" as he was released from jail on drug offences and moved to a residential treatment centre on Tuesday.

The note, obtained by website Radar Online, said, "My plan is to go back with a new attitude and leave my old ideas behind. I am committed to doing this thing."

On Tuesday, Judge Michael Tynan gave Redmond another chance to put his life back together, by allowing him to be returned to Impact, a residential treatment centre in Pasadena, where he has previously been treated.

The judge said, "The plan for you is severe, and justifiably so. We all want you to do well, but it's up to you."

METRO NEWS SERVICES

## Johnalina doesn't really work

**BUT WHO WOULDN'T WANT TO 'DISCUSS HIS ACTING METHOD'?** While Brad Pitt and Angelina Jolie may be quietly ignoring breakup rumours, one source says that she's already moved on and has set her sights on Johnny Depp, who she'll be co-starring with in The Tourist.

In preparation, Jolie has reportedly insisted on meeting with Depp at his L.A. home to "discuss his acting method," a source tells Star magazine. "She's already spent hours there drinking red wine with Johnny," the source says, adding that she's also been bombarding him with flirty e-mails and phone calls. They begin filming in Venice at the end of February, and "Angie told Brad she's going to Italy without him," the source adds.

METRO WORLD NEWS

## Brittany's bash cancelled

**WHY DOES THIS WHOLE THING FEEL SO DARN DODGY?** A charity event to honour Brittany Murphy and raise money for the new Brittany Murphy Foundation scheduled for yesterday evening was mysteriously cancelled earlier this week by Murphy's husband, Simon Monjack, according to TMZ.

While Monjack reportedly insists the event was simply postponed, a call to the Beverly Hills Temple of the Arts, where it was to take place, doesn't reveal any rescheduling information, and an e-mail to guests reads, "So sorry but the memorial has been canceled due to an illness in the family." Monjack was reporting soliciting $1,000 in donations from each guest.

METRO WORLD NEWS

## Reese wants a piece

**OF DELICIOUS BUTT-LER** While getting over Jake Gyllenhaal, Reese Witherspoon has allegedly been seeing Gerard Butler and keeping it very, very quiet, according to Star magazine.

Though Butler was recently linked to co-star Jennifer Aniston, sources tell the magazine that he and Witherspoon have been "hooking up" privately for some time now.

According to the report, Witherspoon just sees it as a fling, and both are happy just having fun.

METRO WORLD NEWS

## CelebTweets

Follow these celebrities on Twitter...

**DAVID SPADE** wants to clear some things up, **KIRSTIE ALLEY** doesn't appreciate her company, **JIM CARREY** has figured out his place in the world, and **SANDRA BERNHARD** doesn't have high hopes for Barbie.

@davidspade i was kidding when tmz asked me my favorite dinner was and i said spaghetti and 8 balls. just so evryone knows. it just sounded funny to me

@kirstiealley Did someone open the gates of hell and unleash all the psychos this week? I never believed in that full moon stuff until now.go home crazies

@JimCarrey television is weirdos judging weirdos viewed by weirdos who are just glad there are weirder weirdos out there. like me DAMN IT!

@SandraBernhard barbies next career a bag screener at jfk

METRO WORLD NEWS

| CA | Vu | SC | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 2/4/10 | 267 | 351 - ACCESS | Alberta Primetime (Live) | | (8:01) Private Practice | | FlashForward | | Fringe "Jacksonville" (N) | | Primetime |
| | 243 | 317 3 CFCN | The Vampire Diaries (N) | | The Mentalist "Redline" | | CSI: Crime Scene Investigat'n | | Grey's Anatomy (N) | | CTV News |
| | - | - 4 OMNI | King/Queens | The Simpsons | Omni News: S. Asian Edition | | Omni News: Cantonese Edition | | Two/Half Men | Two/Half Men | Friends |
| | - | 371 5 KXLY | 4 News at 6 | 4 News at 6:30 | Entertainment | The Insider (N) | The Deep End (N) | | Grey's Anatomy (N) | | Private Pract. |
| | 245 | 306 6 CBRT | Wheel Fortune | Jeopardy! (N) | The Nature of Things (N) | | Hyper Parents & Coddled Kids | | CBC News: The National | | The Hour |
| | 244 | 338 7 CICT | ET Canada | Entertainment | 90210 (HDTV) | | Surviving Survivor (N) | | The Office (N) | The Office | News Hour |
| | 246 | - 8 CKAL | Law & Order: Special Victims | | The Jay Leno Show (N) | | Community (N) | Parks/Recreat | 30 Rock | 30 Rock | EP Daily |
| | 119 | 705 9 CBXFT | Virginie (SC) | Infoman (SC) | Enquête (HDTV) (SC) | | 3600 secondes d'extase (SC) | | Le Téléjournal Nouvelles. (SC) | | TJ Alberta |
| | - | - 10 SHAW | (6) Local Programming | | | | | | Local Programming | | |
| primetime | - | 372 12 KREM | News | Access H. | The Doctors (PA) (N) | | Surviving Survivor (N) | | CSI: Crime Scene Investigat'n | | The Mentalist |
| | - | 374 14 KSPS | PBS NewsHour (N) | | Fighting Fraud | | Sherlock Holmes Mysteries | | MI-5 | | Soundstage (N) |
| | 502 | 390 15 CBC | CBC News: The National | | The Nature of Things | | CBC News: The National | | CBC News: The National | | Nature/ Things |
| | - | 370 16 KHQ | News | Millionaire | Jeopardy! (N) | Wheel Fortune | Community (N) | Parks/Recreat | The Office (N) | 30 Rock | Jay Leno Show |
| | - | 373 22 KAYU | The Office | Raymond | Two/Half Men | Two/Half Men | Bones (HDTV) (N) | | Fringe "Jacksonville" (N) | | News |
| | 297 | 652 37 WPIX | Supernatural (HDTV) (N) | | PIX News at Ten Tong. | | Two/Half Men | Friends | Friends | According-Jim | Family Guy |
| news | 500 | 500 29 CNN | Larry King Live (N) | | Anderson Cooper 360 (HDTV) | | | | Larry King Live | | Cooper 360 |
| | 508 | 502 31 CNN2 | The Joy Behar Show | | Nancy Grace | | Showbiz Tonight | | The Joy Behar Show | | Nancy Grace |
| sports | 400 | 400 21 TSN | Curling Scotties Tournament of Hearts. (Live) | | | SportsCentre (Live) | | | Off the Record | Hockey | Strongest Man |
| | 408 | 418 27 net | NHL Hockey: Oilers at Wild | | | Sportsnet Con. | Hockey Central | Hockey | Sportsnet Connected | | Oilers in Hour |
| | 410 | 403 30 SCORE | Poker Tour | Hardcore Champ. Fight | | NBA Basketball San Antonio Spurs at Portland Trail Blazers. (Live) | | | | | Score Now |
| | 411 | 457 44 OLN | Operate-Repo | Operate-Repo | Ghost Hunters International | | Destination Truth | | Operate-Repo | Operate-Repo | Ghost Hunters |
| | 417 | 406 48 SPEED | Bud Shootout Selection Show (HDTV) (Live) | | | Speed Performance Awards | | NASCAR Racing | | NASCAR Live | NASCAR |
| family | 552 | 543 20 YTV | iCarly | To Be Indie | iCarly | Fries That? | Malcolm-Mid. | Hates Chris | 8 Simple Rules | What I Like | Family Biz |
| | 557 | 541 39 FAM | Han. Montana | Wizards-Place | Sonny Chance | Suite Life | Overruled! (N) | Han. Montana | Wizards-Place | Latest Buzz | Ned's School |
| | 555 | 545 67 TOON | Jimmy Two | Johnny Test | Stoked | Total Drama | Majority Rules | 6TEEN | Futurama | King of the Hill | *Beetlejuice* |
| | 575 | 583 11 CMT | According/Jim | According/Jim | Home Improve. | Home Improve. | UnStable (N) | Star Crossed | Amer. Funniest Home Videos | | Reba |
| | 553 | 546 17 TREE | Little Bear | Maggie-Beast | Babar | Zigby | Max & Ruby | Dragon (DVS) | Backyardigans | Ni Hao, Kai-lan | Go, Diego, Go! |
| | 505 | 398 19 TWN | (5) EarthWatch One | | EarthWatch One | | EarthWatch Two | | | | |
| | 602 | 568 23 W | House-Sell | House-Sell | Supernanny | | Love It or List It | | Confidential | Confidential | Divine Design |
| | 521 | 560 24 TLC | American Chopper (N) | | BBQ Pitmasters (N) | | American Chopper | | BBQ Pitmasters (HDTV) | | Amer. Chopper |
| | 603 | 561 25 FOOD | Extreme Cuisine, Jeff Corwin | | Ace of Cakes | Ace of Cakes | Restaurant Makeover | | Diner, Drive-In | Unwrapped | Extr. Cuisine |
| | 615 | 520 26 A&E | The First 48 (HDTV) (N) | | Manhunters | Manhunters | Manhunters | Manhunters | (10:01) The First 48 | | The First 48 |
| | 617 | 522 32 SHOW | Trailer Park | Trailer Park | Relic Hunter | | *Nightmare at the End of the Hall* (2008, Drama) Sara Rue. | | | | Cra$h & Burn |
| | 601 | 562 33 SLICE | Bootcamp | Last 10 | Re-Vamped | | ET Canada | What Happen? | Real Housewives NYC | | Housewives |
| | - | 633 34 ENC2 | Jane-Dragon | (7:25) *Malicious* ★ (1995, Suspense) | | | *Unlawful Entry* ★★ (1992, Suspense) Kurt Russell, Ray Liotta. | | | | *To Die For* |
| | 520 | 505 35 DISC | 42 Ways to Kill Hitler | | MythBusters | | Daily Planet | | Hitler's Hidden City | | Kill Hitler |
| | 620 | 523 36 BRAVO | *Crazy Canucks* (2005, Docudrama) Lucas Bryant. | | | | Law & Order "Savages" | | Without a Trace | | *Murder 19C* |
| | 294 | 650 40 WPCH | Law & Order: Special Victims | | *48 HRS.* ★★★ (1982, Action) Nick Nolte, Eddie Murphy. | | | | The Office | *Blade: Trinity* ★★ (2004) | |
| | 626 | 547 41 COM | Just for Laughs | | Air Farce | 22 Minutes | Corner Gas | Name Is Earl | The Simpsons | South Park | Martin |
| | - | 539 42 TCM | (6) *The Uninvited* (1944) | | *Kitty* ★★★ (1945, Romance) Paulette Goddard, Ray Milland. | | | | *The Adventures of Robin Hood* (DVS) | | |
| | 628 | 584 43 SPIKE | TNA iMPACT! (HDTV) (N) | | | | UFC 109 Countdown | | MANswers | GameTrailers | CSI: Crime Scn |
| | 522 | 516 45 HIST | Ancestors | Ancestors | Pawn Stars | Pawn Stars | Ancient Discoveries (N) | | Ancestors | Ancestors | Nostradamus |
| | 627 | 528 46 SPACE | Lost The aftermath from the bomb detonation. (N) | | | | InnerSpace | Stargate SG-1 | | Star Trek: Next Gener. | |
| | - | - 47 AMC | (6) *The Untouchables* ★★★★ (1987) | | | | (8:45) *The Crew* ★★ (2000, Comedy) Dan Hedaya | | | (10:45) *K-9* ★★ (1989) | |
| | 619 | 525 49 TROP | Planet Soap | Comeback | Reality | Whatever | Family Guy | Family Guy | Seinfeld | Seinfeld | '70s Show |
| | 600 | 564 50 HGTV | House-Bryan | Real Renos (N) | House Hunters | House Hunters | Holmes Inspection | | House-Bryan | Real Renos | Holmes-Homes |
| | 501 | 391 52 CTV | CTV News Tonight | | CTV News | CTV News | CTV News | CTV News | CTV News | CTV News | CTV News |
| | 504 | 508 70 BNN | Squeeze Play | | Business News | Commodities | Market Call Tonight | | Headline | Commodities | Squeeze Play |
| | 526 | 507 92 VIVA | The Closer "Mom Duty" | | Cold Case "The River" | | Psychic Inv. | Ghostly Enc. | Judging Amy | | Missing |
| | 269 | 350 93 APTN | Wapos Bay | By the Rapids | Hockey | Moose TV | *The Real McCoy* ★★ (1993, Suspense) Kim Basinger. | | | | MYTV |
| | - | - 94 MCP | World News | News | My Queen | Immortal Yi, So | Vancouver | Shaktimaan | Dheeyan Ghar | Sadabahar | Connections |
| | 571 | 581 100 MMM | VH1 Divas '09 | | | | mmtop10.ca | | VH1 Divas '09 | | |
| | 570 | 580 101 MM | So You Think You Can Dance | | Degrassi: TNG | Degrassi: TNG | MuchOnDemand | | Pimp My Ride | My Own | Video on Trial |
| | 581 | 566 102 MTV | Taking, Stage | Taking, Stage | Taking the Stage (N) | | MTV Live | After | The Real World | | Taking, Stage |
| | - | - 116 TV5 | Envoyé spécial | Geopolitis | Humanima | Hors série | TV5 Le Journal | (9:35) Arte reportage | | Partir autrement | |

## critics' corner

**Hyper Parents & Coddled Kids**

In North America, they're called "helicopter parents" for the way they hover. In Sweden, they're "curling parents," sweeping the metaphorical ice for their kids. No matter what you call it, overinvolved and overprotective parenting could backfire big-time, according to this documentary. Among others, you'll meet former "hyper parent" Carl Honore, author of "Under Pressure," and a mom who throws a $4,000 party for her daughter's first birthday. 9 PM on CBRT

**Parks and Recreation**

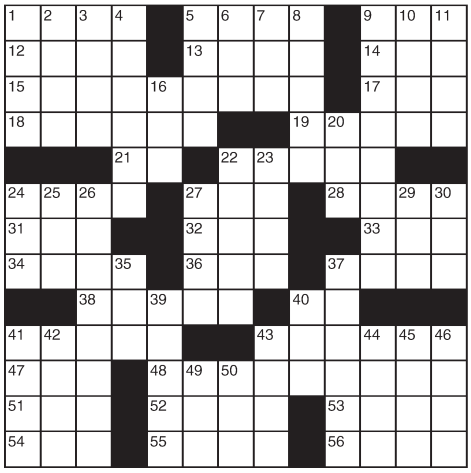
This new episode may give "Seinfeld" fans flashbacks to that episode about the nonfat yogurt that really wasn't. A local company makes a deal with the town to sell its energy bars at Pawnee's parks, but Leslie (Amy Poehler) discovers these so-called healthy snacks aren't very healthy at all and tries to get the arrangement called off. Tom (Aziz Ansari) asks Mark (Paul Schneider) to help him move in "Sweetums." 9:30 PM on CKAL KHQ

**Today** Partly cloudy 0 C / -11 C
**Friday** Mostly sunny 1 C / -11 C
**Saturday** Partly cloudy 0 C / -9 C

BT BREAKFAST TELEVISION

**Andrew Schultz, Meteorologist – Breakfast Television**
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta." **WEEKDAYS AT 6 A.M.**

# Take Five



## Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | | 7 | | | | 8 | | 3 |
| | 9 | | 5 | | 4 | | 2 | |
| 2 | | | 8 | | 7 | | | 6 |
| | | 8 | 6 | | 3 | 9 | | |
| | | | | | | | | |
| | | 5 | 2 | | 9 | 4 | | |
| 9 | | | 7 | | 8 | | | 4 |
| | 8 | | 3 | | 2 | | 7 | |
| 1 | | 2 | | | | 6 | | 8 |

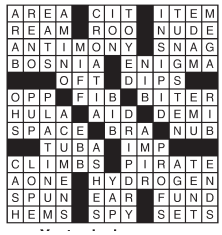
**ACROSS**

1 Kills, "Sopranos" style
5 Mrs. Dithers, in "Blondie"
9 Retainer
12 Lotion additive
13 State with certainty
14 Egos' counterparts
15 Who's there
17 Tear
18 "Oops! I Did It Again" singer
19 Vile
21 "Heavens!"
22 Handed out hands
24 Vitriol
27 By way of
28 Lambs' cries
31 Underwear with underwire
32 Corn spike
33 Sort
34 "Deal or No Deal" choice
36 Hostel
37 Without acting
38 Refrain phrase
40 Indefinite article
41 Kind of point
43 Classify
47 "Eureka!"
48 Back-breaker?
51 Zero
52 Hodgepodge
53 Basso Pinza
54 Scale member
55 Distort
56 Spacecraft compartments

**DOWN**

1 Lummoxes
2 Buy, fix up and resell
3 Links warning
4 Big Bird's street
5 Urban fleet
6 Eggs
7 In medias —
8 Where the action is
9 Emergency treatment
10 Tend texts
11 Get a glimpse of
16 Give it a go
20 Priest's garment
22 Forest goddess
23 Have coming
24 English channel?
25 401(k) alternative
26 Bartender's pronouncement
27 Bride's cover
29 Every iota
30 Firmament
35 Historic time
37 Foot part
39 Let
40 Fool
41 Bleacherites
42 Ashtabula's state
43 On
44 Rice-shaped pasta
45 Incursion
46 "— company, ..."
49 Carte lead-in
50 Round Table address

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**



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## On the web

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## Metro Recipe of the Day

STEPHEN MCLEOD

### Sweet Orange Chicken Stir Fry

Submitted by Debra Bashford, Cherry Valley, Ont.

**INGREDIENTS:**

1 tbsp water
2 tsp cornstarch
1 tsp extra virgin olive oil
1 pound boneless, skinless chicken thighs quartered
3/4 cup thinly sliced carrots
1/4 cup chopped red pepper
3/4 cup orange juice
1 tbsp brown sugar
2 tsp balsamic vinegar
2 Tsp hoisin sauce
salt & pepper to taste

**METHOD:**

1. Stir water into cornstarch in small cup. Set aside.
2. Heat large frying pan or wok on medium-high until very hot. Add cooking oil. Add chicken. Stir-fry for about 5 minutes until browned. Add carrots and peppers.
3. Combine orange juice, brown sugar, balsamic, hoisin sauce and salt and pepper in a small bowl.
4. Add to chicken mixture. Stir. Bring to a boil. Reduce heat to medium-low. Simmer, covered, for about 6 minutes until chicken is no longer pink inside and veggies are tender crisp.
5. Stir in cornstarch mixture. Heat and stir for about 1 minute until thickened.

**SERVES 4**
**PREP TIME: 10 MINUTES**
**COOK TIME: 10 MINUTES**

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## Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

**ARIES** ♈
**MARCH 21-APRIL 20**
Cosmic activity in your opposite sign of Libra may incline you to believe that everyone is against you, but are they really?

**TAURUS** ♉
**APRIL 21-MAY 21**
You should stop trying to control everything that happens and let fate guide you in a more profitable direction.

**GEMINI** ♊
**MAY 22-JUNE 21**
You may live more in the head than the heart but today's cosmic influences suggest you will be softer and gentler than usual.

**CANCER** ♋
**JUNE 22-JULY 22**
Try not to be quite so distrustful today. If someone approaches you with an idea don't turn them away — listen carefully to what they have to say.

**LEO** ♌
**JULY 23-AUG 23**
Something will happen over the next few days that makes all your current plans redundant, so why force yourself to do things you don't enjoy?

**VIRGO** ♍
**AUG 24-SEPT 22**
You will be in an unusually forgiving mood today: you cannot be bothered to make an issue of things.

**LIBRA** ♎
**SEPT 23-OCT 23**
You will be open to alternative viewpoints today, even if you are one of those Librans who take it as a personal insult when other people disagree with you.

**SCORPIO** ♏
**OCT 24-NOV 22**
Today's cosmic influences urge you to give up resisting what is going to happen whether you like it or not.

**SAGITTARIUS** ♐
**NOV 23-DEC 21**
Are you living up to the image you have in your mind of who and what you should be? If the answer is No, now is the time to do something about it.

**CAPRICORN** ♑
**DEC 22-JAN 20**
If you find it difficult to get excited about the task that is in front of you it probably means you should be doing something else.

**AQUARIUS** ♒
**JAN 21-FEB 18**
All your fears and anxieties will seem irrelevant today and you will feel a great sense of mental and emotional completeness.

**PISCES** ♓
**FEB 19-MARCH 20**
You are an extremely sensitive person and that sensitivity will serve you well today, especially if you have to work out why someone is acting so strangely.

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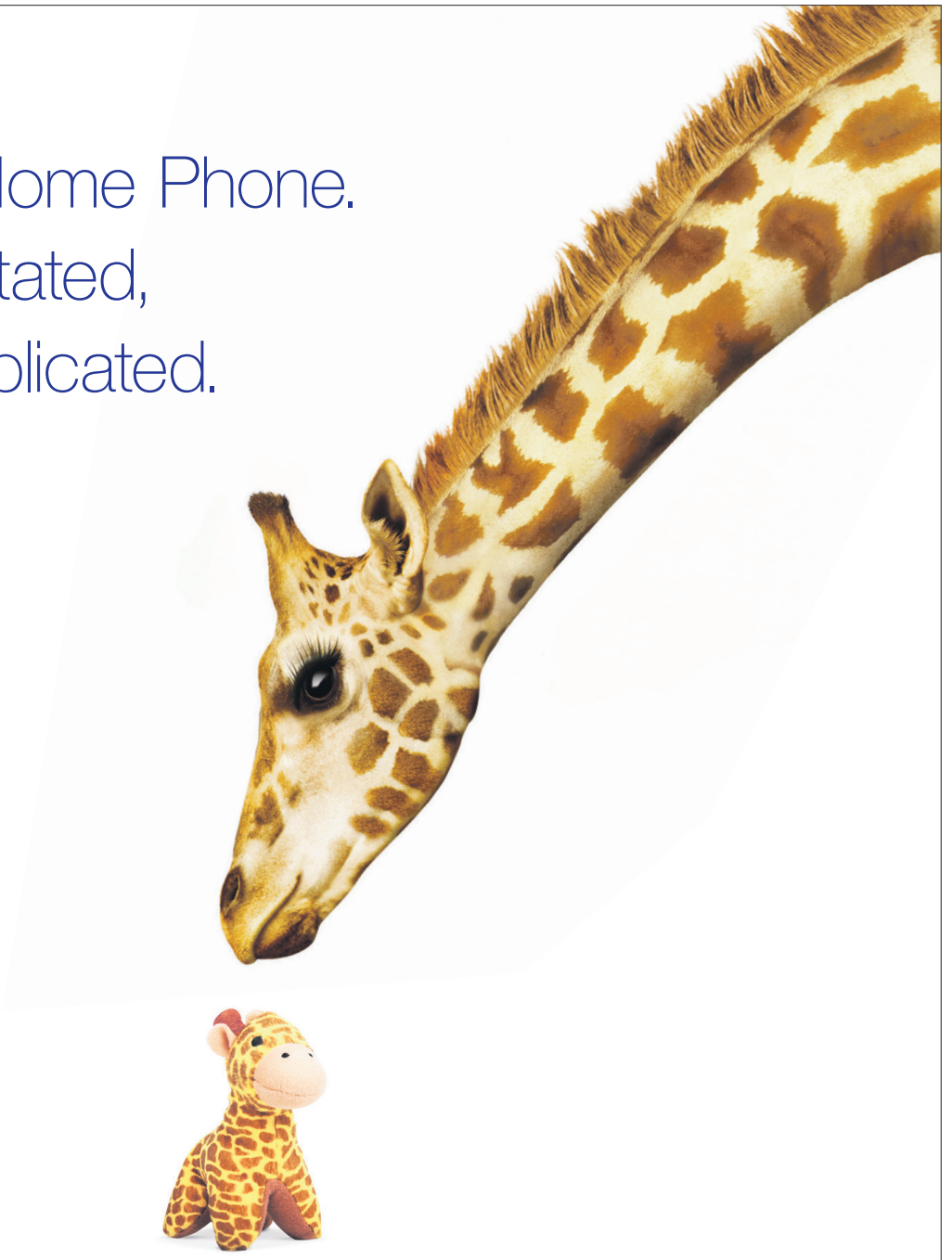

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